



Cowshed Relax Miami

Soho Beach House is home to the Cowshed spa, accessible hotel guests, members and their guests.

Cowshed Relax is a place to meet friends, eat, drink and shop as well as indulge in sociable grooming.

We offer facials and body treatments as well as manicures and pedicures all tailored to your personal needs. The spa hosts comfortable, ocean facing manicure and pedicure chairs, private treatment rooms, with the option for couple's treatments, steam, relaxation areas, a blow dry bar and the Cowshed boutique where you will find a selection of beach accessories.

Cowshed Products

Cowshed therapeutic products are cheekily named but boast serious benefits. All Cowshed products are blended using the highest quality organic, fair-trade and wild crafted essential oils from around the world. Cowshed botanicals are free from parabens, petro chemicals and sulphates and contain no artificial fragrances or colours.

Cowshed was one of the first spa brands to specialise in the use of plants and their oils, proteins, vitamins and fatty acids. Today we have a loyal herd of followers who love our comprehensive range of indulgent bath and body products, impressive skin care and beautiful gifts.

FACE

Cowshed Eye Treatment • 30 mins • \$80

Concentrating on the delicate area of the eyes incorporating pressure point massage and a protein eye mask. Helps detoxify, reduce puffiness and combat fine lines

Speedy Facial • 30 mins • \$80

Facial cleanse, exfoliation, steam, customised mask and scalp massage

Morning After Facial • 45 mins • \$105

Specifically developed for those who have over indulged the night before and will ensure you arrive at your mornings destination looking and feeling as if you'd had 8 hours sleep.

A relaxing facial treatment focusing on the delicate (and telling) eye area, incorporating lymphatic drainage and your choice of a Cowshed facial oil

Cowshed Facial • 60 mins • \$145

Facial cleanse, exfoliation, steam, extractions, facial massage and customised mask. Also included is a relaxing shoulder, neck and scalp massage. This treatment focuses on naturally improving the condition of the skin and enhancing its appearance

Hot Stone Facial • 60 mins • \$155

A Cowshed Facial incorporating an indulgent hot stone massage of the face and décolleté. This creates peace, relaxation and balance throughout the body

ADVANCED FACE

The following advanced treatments take facials beyond cleansing, toning and moisturising and into treating specific skin concerns using Skinceuticals products.

Micro Polish Facial • 60 mins • \$160

Perfect for dry, congested or dull skin. A smooth, even complexion is achieved through exfoliation with micro polish crystals. Includes a face, scalp, shoulder and neck massage

Hydrating Facial • 75 mins • \$170

Designed for very dry and dehydrated skins. It also includes a relaxing face, shoulder, neck and scalp massage

Deep Cleansing Facial • 75 mins • \$170

Perfect for oily skin and acne. Helps to reduce oil and detoxify the skin. Includes steam, extractions and a relaxing shoulder, neck and scalp massage

Alpha Beta Facial • 90 mins • \$190

This advanced medical grade treatment uses glycolic, mandelic, salicylic and lactic exfoliators. The treatment smooths the skins texture, aids in clearing acne and helps fade hyperpigmentation

Reviving Skin Peel

Please note that a patch test is required 24hrs prior to the treatment

An intense peel with vitamin boosters and a firming mask leaving your skin feeling smooth, youthful and more refined. Excellent for fine lines, scarring, congested or sun damaged skin

30 mins • \$80 • 60 mins • \$140

60 mins includes a pressure point massage to help detoxify the skin as well as a combination of intense serums

A course of six peels is recommended for best results

Course of six 30 minute sessions • \$400

Course of six 60 minute sessions • \$700

HANDS

Polish Change • 15 mins • \$15

Speedy Manicure • 30 mins • \$35

File, tidy and polish

Cowshed Manicure • 45 mins • \$50

File and complete cuticle tidy, followed by exfoliation and a deep relaxing hand and arm massage and polish to finish

Ultimate Cowshed Manicure • 60 mins • \$60

This deluxe treatment is designed to provide the ultimate in hand care. Nails are groomed, cuticles are nourished and hands are softened by exfoliation and massaged. Afterwards, the hands are wrapped in a hydration mask whilst the feet are massaged. This is followed by polish to finish

Scalp Massage During Manicure • 15 mins • \$15

FEET

Polish Change • 15 mins • \$15

Speedy Pedicure • 30 mins • \$40

File, tidy and polish

Cowshed Pedicure • 60 mins • \$60

File, and complete cuticle tidy, removal of hard and calloused skin, followed by a deep, relaxing foot and leg massage and polish to finish

Ultimate Cowshed Pedicure • 75 mins • \$75

This deluxe foot treatment is designed to provide the ultimate in foot care. Nails are filed, cuticles are tidied and hardened skin is removed. Afterwards, the feet are wrapped in a hydration mask whilst the hands are massaged. This is followed by a deep, relaxing foot and leg massage and polish to finish

Scalp Massage During Pedicure • 15 mins • \$15

BODY

Cowshed Head Massage • 30 mins • \$65

A relaxing head, neck and shoulder massage incorporating pressure points to release tension. Ideal for headaches, stress relief or just general relaxation

Back Massage • 30 mins • \$70

Designed for the problem areas of the back

Back Cleanse • 45 mins • \$90

Back cleanse, exfoliation, back massage and deep cleanse mask

Salt Scrub • 45 mins • \$90

Full body brushing followed by a complete deep exfoliation using sea salt immersed in peppermint oil and finished with conditioning contour cream

Reflexology • 30mins • \$60 • 60mins • \$110

A relaxing and rejuvenating pressure point massage to the feet. This helps to balance the energies within the body, encouraging natural healing

Cowshed Massage • 60 mins • \$140 • 90mins • \$190

Full body massage using one of six signature Cowshed essential oils from wild to lazy that will help to soothe, invigorate or deeply relax depending on your mood

Cowshed Massage for Two • 60 mins • \$280 • 90mins • \$380

Full body massage for two people, each with their own therapist, in our special double treatment room

Deep Tissue Massage • 60 mins • \$150 • 90mins • \$210

Full body massage that focuses on the deeper layers of muscle tissue, ideal for relieving acute tension

Cowshed Wrap • 75 mins • \$160

Full body exfoliation using natural sea salt followed by a fresh body wrap of your choice. Finished with a gentle scalp massage and nourishing hair mask (optional) then full body moisturisation

BODY

Hot Stone Massage • 60 mins • \$165

The volcanic basalt stones are bathed in warm water and anointed with spicy, sensual aromas. They are placed on key energy points of the body and are used to massage using traditional techniques easing pain and tension and enhancing relaxation

Cowshed Salt Scrub and Massage • 90 mins • \$180

Full body brushing followed by deep exfoliation and a Cowshed Massage to finish

Just a Few More Minutes • 15 mins • \$25

Add 15mins to your massage

WAX

Strip wax is used for legs and arms and hot wax for all the other delicate areas of the body. The hot wax contains chamomile, rose and titanium dioxide and is perfect for people with sensitive skin

Half Leg • \$40

Full Leg • \$70

Basic Bikini • \$35

High Bikini • \$45

Brazilian/Hollywood • \$65

Half Leg & Basic Bikini • \$70

Half Leg & High Bikini • \$80

Half Leg & Brazilian • \$90

Full Leg & Basic Bikini • \$100

Full Leg & High Bikini • \$110

Full Leg & Brazilian • \$125

Underarm • \$25

Half Arm • \$30

Full Arm • \$40

Chest • \$50

Back • \$60

Lip or Chin • \$15

Eyebrow • \$30

COWGROOM

Two therapists work in synchronised movements ensuring complete pampering and relaxation. All treatments begin with the feet and an invigorating exfoliation with spearmint salt scrub. This is followed by a forehead pressure point massage and a de-stressing shoulder massage to prepare you for your chosen Cowgroom.

30mins • \$130

1 Maintenance

- Speedy Facial
- Eyebrow Tidy
- Speedy Manicure or Pedicure

2 Eye treatment

- Cowshed Eye Treatment
- Eyebrow Tidy
- Foot & leg massage with cooling balm

60mins • \$220

1 Maintenance

- Cowshed Facial
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2 Eye treatment

- Morning After Facial
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- Eyebrow Tidy
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Blow Out Bar

Blow Out • Starting at \$45

Choose your own style

Cut & Blow Out • Starting at \$85.00

Men's Cut • Starting at \$50.00

Keratine Treatment • Starting at \$250.00

Scalp Massage • \$15

Make Up Application • Starting at \$100

Cowshed Active

Personal Training Session • Starting at \$100

Private Yoga Session • Starting at \$100

PACKAGES

For one or two

Groomed Cow • 120mins • \$190

Back Cleanse, Speedy Facial & Cowshed Manicure

Knackered Cow • 180mins • \$320

Cowshed Massage, Cowshed Facial & Cowshed Pedicure

Lazy Cow • 165mins • \$360

Cowshed Wrap, Back Massage & Cowshed Facial

* Add a Blow Out for \$40

ROOM TREATMENTS

Enjoy treatments in the comfort of your own room.

Reflexology • 30mins \$90 • 60mins • \$140

A foot massage promoting deep relaxation of the body

Cowshed Massage • 60mins • \$170 • 90mins • \$220

Full body massage using signature Cowshed essential oils to soothe, invigorate or deeply relax

Deep Tissue Massage • 60mins • \$180 • 90mins • \$240

Full body massage that focuses on the deeper layers of muscle tissue, ideal for relieving acute tension.

Cowshed Head Massage • 30mins • Add to any of the above services for \$50

A relaxing head, neck and shoulder massage incorporating pressure points to release tension.

Frequently asked questions

How early should I arrive for my treatment?

We ask that you arrive 15 minutes prior to your appointment in order to register. Please be aware that if you arrive late, the time of the appointment will be shortened in consideration of the next person. We have allowed a short time for consultation at the beginning and relaxation at the end of each treatment.

Can I choose between a male and female therapist?

Yes. If you wish to request the gender of your therapist please mention this when making your appointment.

What if I need to cancel a treatment?

If you cancel your treatment with less than 24 hours notice, you will be charged 50% of the total cost of the treatment. A cancellation on the day of an appointment or a no show will incur a 100% charge.

What if I'm pregnant?

We have a selection of maternity treatments available. Please ask Cowshed reception for further information. Please note our pregnancy and safety policy: no body or facial treatments can be given in the first 12 weeks of pregnancy; manicures and pedicures are available, but please inform your therapist of your condition.

Do I need to mention if I have a health condition?

Yes. Please advise us of any health conditions and any medication you are taking.

How do gift vouchers work?

Gift vouchers are available for an amount or treatment of your choice. They are non refundable. If you'd like to redeem a voucher for treatments or products, please bring it with you on the day.

Is there an under age policy?

Yes. Our treatments are specifically tailored for adults. No one under the age of 16 is permitted in Cowshed Relax. We offer treatments to those aged 16-18 with parental consent.

What is your spa etiquette?

Although we encourage sociable grooming, we request that you refrain from using your mobile phone while you're in Cowshed Relax.

Is gratuity included?

An 18% gratuity will be added to the cost of your services and treatments

CONTACTS

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HOURS

Treatments open 9am – 9pm Monday - Sunday
Gym open 7am – 12am Monday - Sunday

COWSHED FACILITIES

Cowshed Boutique
Blow Dry Bar
Men's & Women's Changing Areas
Steam Room
Relaxation Areas
Gym Studio
Steam Room
Yoga Offerings